I CLAIM:

- 1. The method of preparing an aqueous extract of water-soluble components of dry almond hulls, comprising the following steps in the order recited:
- (a.) comminuting said almond hulls, while dry, to
 particles between about 5 and about 100 mesh (ASTM);
- (b.) soaking the particles from step (a) in water until the water content of the hulls is between about 30% and about 80 % by weight;
- (c.) utilizing counter-current extraction techniques involving counter-current flow of process water through advancing particles from step (b) to provide a solution of soluble components of said hulls, along with said residue of said hulls;
- (d.) physically separating the said solids from said solutions;
- (e.) ultrafiltering the solution from step (d) to remove remaining solids, yeasts, and bacteria;

while maintaining the product in steps (a)-(d) at temperatures between about 40 degrees C and about 75 degrees C.

2. The method of claim 1 further maintaining said temperature through step (a) (e).

- 3. The method of claim 1 further including this further step of adjusting the Brix value of the resultant solution by addition of water to one acceptable to the human taste.
- 4. The method of claim 1 further including the further step of concentrating the solution from step (d) to a syrup useful as syrup or as a constituent of jams or jellies.
- 5. The method of claim 1, steps (a)-(d) further comprising drying said solids, and commuting said dry solids to form a dietary fiber for food products.
- 6. The method of claim 1 further comprising evaporating the product of step (e) to form a syrup useful as an ingredient of food products.
- 7. The method of claim 1, steps (a)-(d) further comprising adding yeast or phytase to said solution reacting then to increase inositol in the solution, separating solids from said solution and ultrafiltering the product to provide a juice product or ingredient for other food products.
- 8. The method of claim 7 in which the product of claim 1 is concentrated to a syrup useful in food products.

- 9. A food product of the type of confection, jam or jelly, comprising the product of the method of claim 1 combined with conventional additional ingredients.
- 10. A fruit product prepared by the method of claim l retentive of the antibacterial activity of components thereof.